IN THE NEWS...

We Are Here During the Summer!

We are open from 8:00 AM-4:00 PM Monday-Friday all summer and available for appointments, including phone appointments if you live a distance from Potsdam, NY. Call 315.267.2344 to set up an appointment.

Hopes and Dreams of Potsdam Students

Click here to watch a video of our very own Potsdam students sharing their hopes and dreams for the future.

Hiring Work Study Students!

We will be hiring work study students to work in our office to help with administrative tasks. Email career@potsdam.edu a resume and cover letter if you are interested.

SAVE THE DATE!

The Graduate Fair is scheduled for September 20, 2016. This past year, we had over 80 schools visiting. Don’t miss out!

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SUMMER IS ALMOST HERE!

What are YOU doing?

Perhaps you already have a great internship or summer job lined up this summer. Congratulations, if so! But if this is not the case, summer break is the perfect time to work on you and your future as it relates to graduate school and/or your career. If your summer job is just a way to make money, you can still take advantage of your free time with the below suggestions.

1. Think about volunteering! Volunteering is a great way to get experience in your field, from counseling to PR, with typically a flexible arrangement. Check out idealist.org to look up interesting organizations near you and just call to ask if they need help! And check out volunteer opps in the area with Get Connected.

2. Network with professionals in your field of interest. This is a great time to find professionals in your field and invite them to a cup of coffee to learn more about their career paths. Keep in touch and these contacts can be a resource to help with internships (or jobs) in the future. First, create a profile. Then, join groups and start networking. Click here to learn the basics.

3. Get your documents in order. Work on your resume and cover letter over the summer so you have a draft ready to go. Unsure of where to start? Make an appointment with career planning and/or click here for resources.

4. Interested in graduate school? Start identifying programs, studying for the GRE, and/or drafting your personal essay. Now is the time to reflect on your interests and identify schools with faculty who are researching in your area of interest. Gradschools.com is a starting point, but put in your topic of interest into a library database and see where the published authors work. Study for the GRE. See kaplan.com for tips. Last, start a personal essay. Graduate Admission Essays by Donald Asher is a great book to get you started. We can also help you write your essays, along with faculty and the Writing Center. Use all of us! Click here to read our graduate school guide.

We highly recommend that you work towards getting an internship, some type of relevant experience, and/or a full-time career once the school year or next summer arrives. The above list can assist with this process, especially when it comes to networking with professionals in your field of interest. Watch the entire season of Game of Thrones, play in the sun, and/or work that summer job to make money. Sure! But don’t forget to use this time to think about your future plans and start preparing now.
EMPLOYERS IDENTIFY FOUR "MUST HAVE" COMPETENCIES

When asked to rate the career readiness competencies of college graduates in terms of “essential need,” employers view four as vital, according to results of NACE’s Job Outlook 2016 Spring Update.

NACE’s seven career readiness competencies represent the skills, experiences, and attributes that broadly prepare students for a successful transition into the work force. (Click here for full article and definition of competencies).

Employers deemed their top four career readiness competencies—critical thinking/problem solving, professionalism/work ethic, teamwork, and communications skills—to be between “essential” and “absolutely essential” in the college graduates they are looking to hire. The other three competencies on the list include information technology application, leadership, and career management.

AMY GAYE'S SUCCESS STORY

How did you recently use a career counselor to assist you?
I received assistance in writing my resume to be used with my application for the CSTEP Program at SUNY Optometry. Getting help with my resume was a big help! There was also a section in the application asking why I was interested in this program, and the career counselor helped me bring stories to my essay which made the writing feel more alive and personal.

What did you learn the most about applying to this program?
I learned that applying is time consuming. I got frustrated because I just wanted to send the application in, but I knew that with more time, my application would be higher quality. It was worth putting in the time because I got into the program. I learned that I need to express my desire to be in the program as a way to stand out from other applicants.

What did your experience entail?
The CSTEP Program at SUNY Optometry was highly structured. The mornings entailed lectures with various doctors giving speeches on their specific field. In the afternoon, there were clinic observations which consisted of different branches of Optometry, including primary care, pediatrics, vision therapy, contact lenses, etc. We also received prep for the Administration Optometry Test (AOT) and application tips and financing options for graduate school. I was even able to write a prescription for a client which made me feel like I was already in school and it was meaningful work.

What did you learn the most re: Optometry and yourself?
Honestly, I was not interested in Optometry at all and was looking for something to do for the winter break to keep busy and gain medical experience. After testing the field, I am more interested in the career, which I never thought would happen. I am now 30-40% likely to go to Optometry School and will apply, in addition to medical school.